



Virtual Race Across Kansas

A Physical Activity & Nutrition Challenge

September 21 – November 16, 2010



How To Participate:

- Physical activity and nutrition efforts will be translated into travel miles across Kansas
- The goal is to complete 1,000 total miles in 8 weeks
 - ♦ Earn 30 miles per day for performing at least 30 minutes of moderate physical activity
 - ♦ Earn 30 miles per day for eating at least 2 cups of fruits and/or vegetables
 - ♦ Maximum earned miles for physical activity in 1 day = 30 miles
 - ♦ Maximum earned miles for nutrition in 1 day = 30 miles
- Complete the challenge to be entered into a drawing for one of three fantastic fitness equipment packages. Each package is valued at \$100 and includes:
 - ♦ Hydracoach water bottle
 - ♦ TKO 65cm Fitness Ball
 - ♦ Valeo Workout Mat
 - ♦ Valeo Jump Rope
 - ♦ Omron Digital Pedometer
- Tracking forms to evaluate progress are available at www.khpa.ks.gov/healthquest/virtualrace.html and must be submitted by November 17th.



Who is Eligible to Participate:

- Benefits eligible State and Non State employees who are enrolled in the State Employee Health Plan or who have waived coverage in the plan
- Retirees, spouses and dependents 18 years or older who are enrolled in the State Employee Health Plan